Life Fitness

ASSEMBLY INSTRUCTIONS

Treadmill User Manual: T5-0, T5-5, & T7-0

T Series

Life Fitness

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T

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OK59-01311-0000

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1

A

Remove the top of the cardboard box. Pull out the console uprights and console bridge and remove plastic wrapping. Tear down front lip of bottom box. Lift the treadmill by the rear tread roller and wheel forward off of the bottom box.

⚠ **Warning:** Do not lift treadmill with forklift.

⚠ **Warning:** Do not lift treadmill by console.

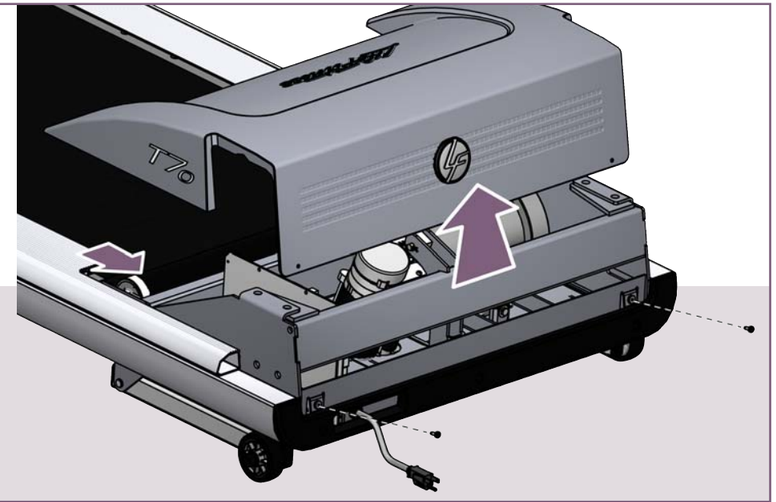
B

Check the Hardware List

Item	Qty	Description
A	12	M10 x 25mm long hex head bolt
B	12	M10 internal tooth star washers
C	2	#10 x 1/2" phillips self tapping screws
D	4	#6 x 3/8" long phillip screws
E	1	Hex key wrench

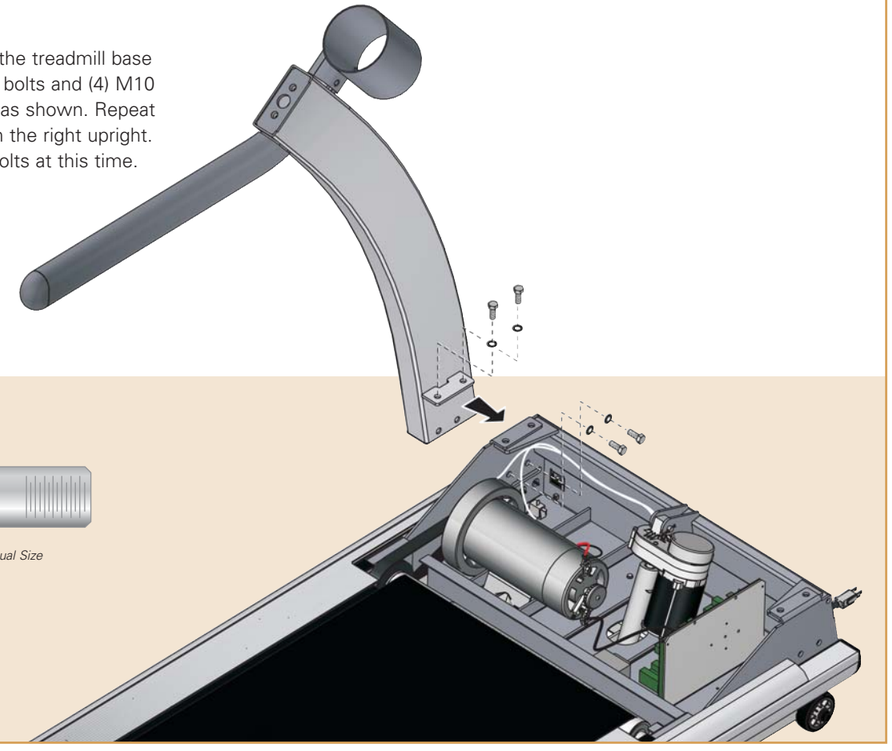
2

Remove the (2) screws securing the front of the motor cover to the front of the treadmill base. Lift the front of the motor cover and slide it forward, detaching the motor cover from the back clips. Set the motor cover and screws aside.



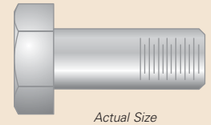
3

Bolt the left upright to the treadmill base using (4) M10 x 25mm bolts and (4) M10 internal tooth washers as shown. Repeat the procedure to attach the right upright. Finger tighten the (8) bolts at this time.



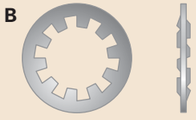
Hardware Needed

A



Actual Size

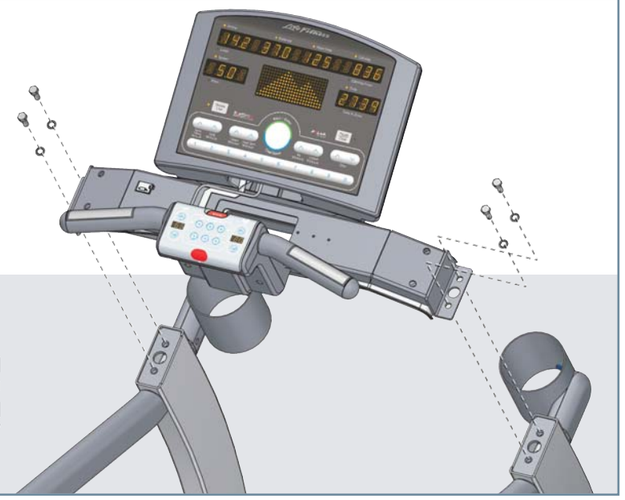
B



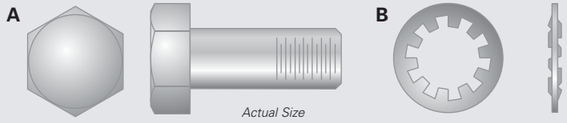
4

Bolt the bridge/console assembly to the uprights using (4) M10 x 25mm bolts and (4) M10 internal tooth washers as shown. Tighten the (4) bolts securely.

Now tighten the bottom (8) upright bolts (from step 3) securely.

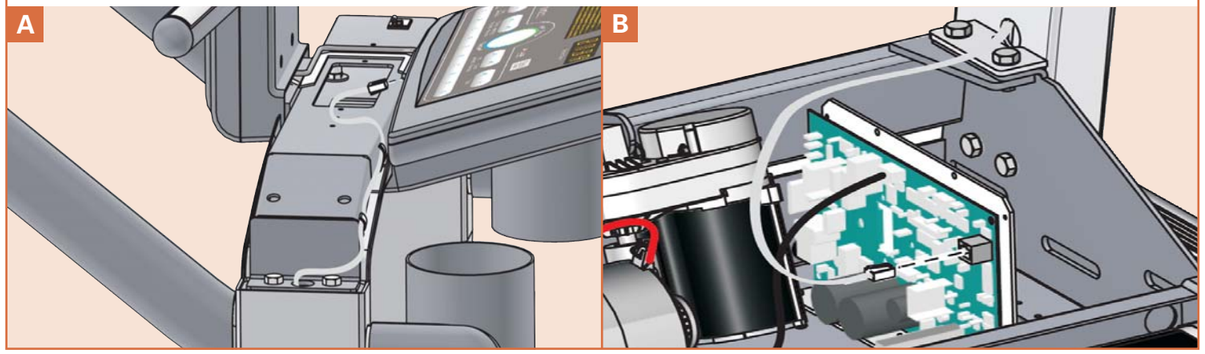


Hardware Needed



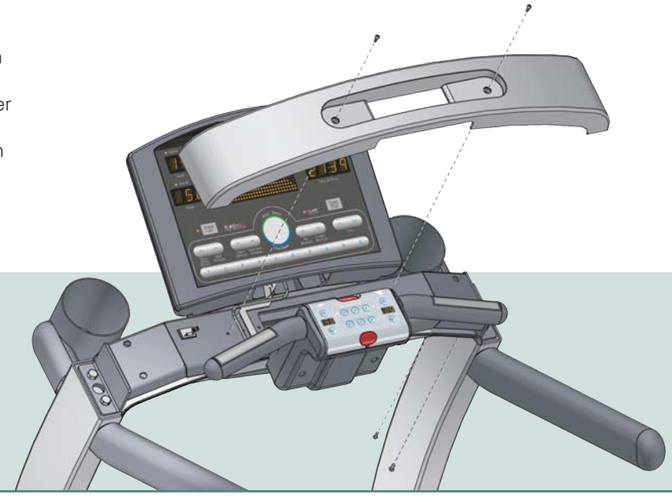
5

Feed one end of the console cable down through the center hole of the right upright (A) and then out the bottom cable access hole as shown (B). Carefully pull approximately 18" of cable through the cable access hole and connect the cable jack to the motor controller board as shown (B). Connect the remaining cable jack (near the bridge assembly) to the console board located at the bottom of the display console (A). Route the console cable through the cable clips as shown. Feed any excess cable into the center hole of the right upright.

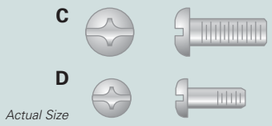


6

Using (2) #10 x 1/2" Phillips screws from the top and (4) #6 x 3/8 Phillips screws from the bottom, secure the bridge cover to the bridge/console assembly. Be sure to align the edges of the top and bottom covers before tightening the screws. Tighten the screws securely but do not over tighten them.

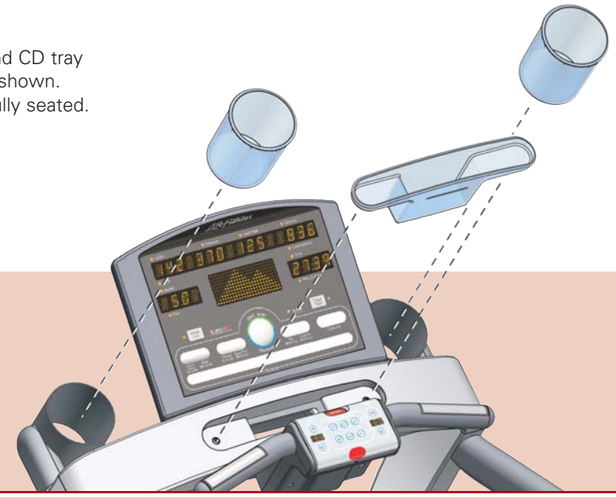


Hardware Needed



7

Insert the water bottle holders and CD tray into their respective locations as shown. Press firmly to ensure they are fully seated.



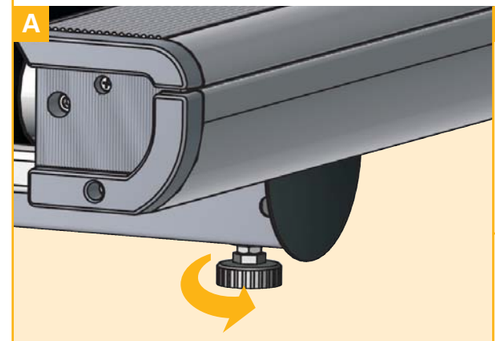
8

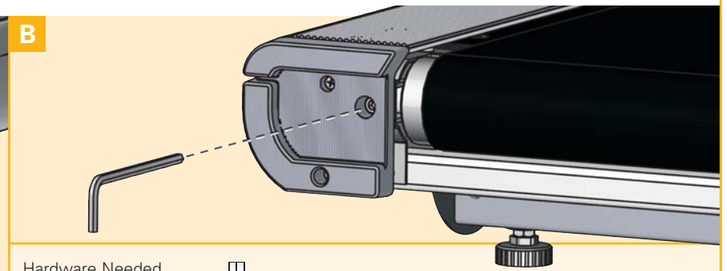
Re-install the motor cover. With the front of the motor cover tilted upward, slide the motor cover into the clips and lower the front down to the frame. Secure the motor cover using the (2) previously removed screws. Tighten the screws securely but do not over tighten them.

Hardware Needed

9

Level the treadmill using the leveling feet (A). Once the treadmill is level, lock the feet in place with the jam nuts. If necessary, use the provided hex key wrench to center the striding belt. See *How to Center the Striding Belt* page in the *How To* section of the user manual (B).





Hardware Needed